

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
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ABSTRAK

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**PENGARUH TERAPI AKTIVITAS SENAM ERGONOMIK TERHADAP
PERUBAHAN KADAR ASAM URAT PADA LANSIA DI PANTI WREDA
PELAYANAN KRISTEN PENGAYOMAN SEMARANG**

94 hal + 8 tabel + xvii

Asam urat merupakan produk akhir dari katabolisme adenin dan guanin yang berasal dari nukleotida purin. Asam urat banyak dialami oleh golongan usia yang sudah produktif. Penyakit ini dipicu oleh meningkatnya asupan yang kaya akan purin, dan kurangnya intake cairan (air putih), sehingga proses pembungannya yang melalui ginjal menurun. Terapi non farmakologis dapat dilakukan dengan berbagai macam cara diantaranya, relaksasi, kompres air hangat, meningkatkan intake cairan, diet rendah purin dengan cara menjaga pola makan dengan mengurangi makan yang kaya akan kandungan purin seperti kacang-kacangan, jeroan, menjaga ideal tubuh, dan olah raga. Olah raga merupakan cara efektif untuk menurunkan kadar asam urat, dalam dua puluh menit perhari olah raga sangat dianjurkan untuk menjaga tubuh agar tetap bugar dan menurunkan kadar asam urat. Olah raga juga dapat menghangatkan tubuh dan mengurangi rasa sakit dan mencegah pengendapan asam urat yang berlebih. Beberapa senam yang bisa dilakukan oleh lansia yaitu senam kegel, yoga, dan senam ergonomis. Senam ergonomis juga bias memaksimalkan suplay oksigen ke otak, membuka system kecerdasan, system keringat dan system pembakaran (asam urat, kolesterol, gula darah, asam laktat, dan Kristal oxalate). Hasil observasi terdapat 31 lansia yang aktif dalam kegiatan di panti. hasil observasi lanjutan diketahui terdapat 45 lansia yang mengalami hiperurisemia karena lansia tersebut sering mengeluh merasa nyeri.

Metode: Penelitian ini merupakan penelitian (*eksperimental*) dengan memberikan perlakuan. Pengumpulan data dilakukan dengan pemeriksaan kadar asam urat. Jumlah responden sebanyak 17 dengan teknik *rendom sampling*. Data yang diperoleh diolah secara statistik dengan menggunakan uji statistik uji t (*t-test dependent*)

Hasil: Berdasarkan hasil analisa diperoleh bahwa hasil kadar asam urat sebelum diberikan terapi aktivitas senam ergonomis. Nilai tertinggi dari kadar asam urat sebelum perlakuan 9.0 mg/dl. hasil kadar asam urat sesudah diberikan terapi aktivitas senam ergonomis. Nilai tertinggi dari kadar asam urat sesudah perlakuan 7.0 mg/dl. Hasil uji t (*t-test dependent*) didapatkan bahwa $p\text{-value } 0,013 < \alpha (0,05)$.

Simpulan: Terdapat pengaruh yang signifikan antara terapi aktivitas senam ergonomik dengan perubahan kadar asam urat pada lansia ($p\text{ value } < 0,013$)

Kata kunci: senam ergonomik, kadar asam urat, lanjut usia.

Daftar pustaka: 40 (2000-2013)

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ABSTRACT

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**EFFECT OF THERAPY ACTIVITIES OF CHANGES IN GYMNASTICS
ERGONOMICS URIC ACID LEVELS IN NURSING HOMES ELDERLY IN THE
SERVICE OF CHRISTIAN SEMARANG**

94 things+8tables+xvii

Background:Uric acid is an end product of the catabolism of adenine and guanine nucleotides derived from uric acid purine .. experienced by many who've been productive age group. The disease is triggered by the increased intake of purine-rich, and the lack of intake of fluids (water), so that through the process were committing decreased kidney. Therapy nonpharmacologic can be done in various ways including, relaxation, warm watercompress, increasing fluid intake, a diet low in purines by maintaining a diet with reduced meal rich in purines such as legumes, offal, maintaining ideal body, and though raga. Exercise is an effective way to lower uric acid levels, within twenty minutes of exercise per day is highly recommended to keep the body fit and reduce levels of uric acid. Exercise also can warm the body and reduce pain and prevent deposition of excess uric acid. Some exercises that can be done by the elderly are Kegel exercises, yoga, gymnastics and ergonomic. Ergonomic gymnastics also can maximize supply oxygen to the brain, opening the system intelligence, sweat system and combustion system (uric acid, cholesterol, blood sugar, lactic acid and oxalate crystals) .. Observations there are 31 elderly people who are active in activities at home. the observation of further finds that there are 45 elderly who have hyperuricemia because the elderly often complain of pain.

Method: This study is a (experimental) by providing treatment. Data collected by examination of uric acid levels. The number of respondents as many as 17 with random sampling technique. The data obtained were processed statistically by using statistical test t test (t-test dependent)

Results: Based on the results of the analysis showed that the results of uric acid levels before therapy ergonomic gymnastic activity. The highest values of uric acid levels prior to treatment of 9.0 mg / dl.results uric acid levels after therapy is given ergonomic gymnastic activities. The highest values of uric acid levels after treatment of 7.0 mg / dl.**Results** of t test (t-test dependent) found that p-value $0.013 < \alpha (0.05)$.

Conclusion: There is significant relationship between therapeutic gymnastics activity ergonomics with changes in uric acid levels in the elderly (p value <0.013)

Keywords: gymnastics ergonomics, uric acid levels, elderly.

Bibliography: 40 (2000-2013)